GroundedHer

A free printable from

Daily Soft Wellness Planner

One page for a slower day. An intention, three quiet priorities, a few gentle anchors, and a soft place to close the evening. Print as many as you like.

1 planner page | Undated | Print again and again

Today

A slower plan for one ordinary day.

Date · _____

Today, I want to feel

The one thing that would make today feel enough

Three things, gently

Not a to-do list. Three things that would genuinely help — everything else can wait.

1

2

3

A small kindness for myself today

What I'm setting down for now

Soft anchors

- [ ] Water nearby
- [ ] Something warm
- [ ] Fresh air
- [ ] Moved my body
- [ ] A real pause
- [ ] Screen-free hour

Tonight, gently

One moment that felt good

One thing I'm releasing

Tomorrow's first soft step

More gentle things

Made to sit alongside the calm-living guides at groundedher.com.

If this page made your day feel a little softer, these are the printables it belongs to. Each one is built the same way: readable type, room to write, nothing that asks you to be more disciplined than you already are.

Cozy Fall Reset Kit — $12

Autumn morning and evening rituals, seasonal intentions, a slow weekend rhythm, 31 October prompts, and a seasonal reflection to close the season well.

Monthly Reset Kit — $5

A small kit for each month: journaling prompts, monthly intentions, a soft habit tracker and a reflection page. New one every month.

A Year of Calm — $24

All twelve Monthly Reset Kits in one bundle. Buy early and each new month arrives in your inbox as it is made.

Where to find them

shop.groundedher.com — printables, kits and journals

groundedher.com — slow mornings, gentle routines and calm-living guides, new posts every week

Slow down. Breathe deeper. Live more intentionally.

For personal use. Please print as often as you like, and keep it to yourself rather than resharing the file.
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